



**6 - Taiko
drummers**



8 - Basketball

Brief Notes

Japanese traffic law

revision: As of June 9, 2004, due to an increase in refusals to take breathalyzer tests, a fine of up to 300,000 yen may be imposed for such refusal.

Cell phones and driving:

Drivers can receive a fine of up to 50,000 yen for talking on a cellular phone while operating a motor vehicle. This includes merely looking at a cellular phone while driving.

A **tobacco cessation** class will be held Tuesday, Nov. 30 from 11 a.m. - 1 p.m. in classroom F at the Community and Education Center.

<www.cfes.navy.mil> contains a hot link to a short **Sasebo Soundings survey**. Please take a few moments to fill out the online survey.

The **Housing Welcome Center** will follow holiday routine on Wednesday, Nov. 24. The office will be closed from Noon-2:30 p.m. on Tuesday, Nov. 23 for training and a command function.

USO Notes:

The **USO Charity Auction** is coming and we need volunteers! Call DJ Stanhope at 090-3012-5867 to sign up. Tickets are available through your ombudsman or at Fleet Landing for \$5.

Interested volunteers can sign up to donate food for the four-day **Thanksgiving feast** for Sailors at Fleet Landing. Call 252-3959 between the hours of 9 a.m.-2 p.m. to sign up.

This Week

The **intersection in front of Fleet Landing will be secured Nov. 20-28**, and traffic required to detour through the Main Gate intersection between the Post Office and Commisary to travel between the Tategami and Hirase areas of the base.

Weather

Sunday Mostly Sunny
H 62 L 49
Monday Mostly Sunny
H 64 L 53

DUI Counter: 13 days as of Nov. 20

Paving project to smooth roads at CFAS

Released by
CFAS Public Affairs

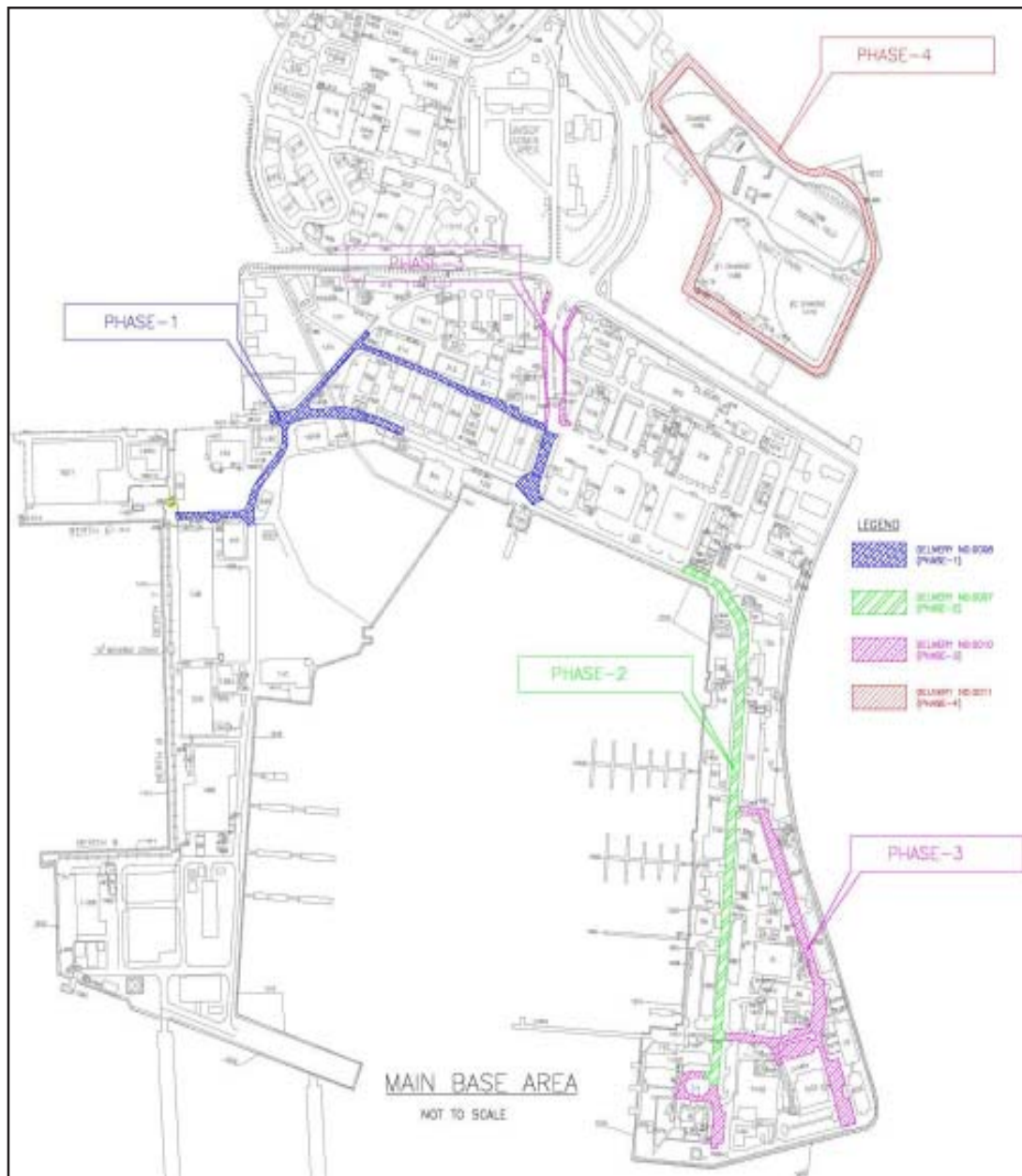
A significant Main Base pavement replacement project will begin at Fleet Activities Sasebo Nov. 20, according to the Resident Officer In Charge of Construction (ROICC) Sasebo office.

The project, scheduled for completion in the summer of 2005, consists of four phases. Phase One is scheduled to be completed by February.

The intersection in front of Fleet Landing will be secured Nov. 20-28, and traffic required to detour through the Main Gate intersection between the Post Office and Commisary to travel between the Tategami and Hirase areas of the base.

ROICC Sasebo asks drivers to pay attention to directions given by flagmen and follow safe driving practices when driving through areas under construction. For more information, contact ROICC Sasebo at 252-3469.

Editor's Note: Sasbo Soundings will run a detailed article about the paving project Nov. 27.



National American Indian Heritage Month 2004 celebrates Native Americans' essential contributions

Compiled by CFAS Public Affairs

By presidential proclamation, November 2004 has been designated as National American Indian Heritage Month. The purpose of the observation is to recognize the unique and essential contributions American Indians and Alaskan Natives have made to the United States.

"As the first people to call our country home, American Indians and Alaskan Natives have a noble history in this land and have long shaped our Nation," stated President George W. Bush in the Nov. 4, 2004 proclamation. "During National American Indian Heritage Month, we celebrate our commitment to respect and preserve the rich Native American traditions and cultures."

The terms *American Indian* and *Alaskan Native* refer to descendants of any of the original inhabitants of North, Central and South America.

The 2000 U.S. Census asked respondents to list the name of their

principal tribes. Of the total U.S. population reported, 4.1 million, or 1.5 percent, claimed American Indian or Alaskan Native. This includes 2.5 million, or 0.9 percent, who reported American Indian or Alaskan Native alone and 1.6 million, or 0.6 percent, who reported American Indian or Alaskan Native as well as one or more other races.

American Indians consist of more than 550 distinct tribes that represent the fastest-growing group in the nation. Nearly 40 percent of all Native Americans are below the age of 20. Economic conditions of recent years have brought some prosperity to American Indian communities, but by and large they lag behind other groups in the United States in respect to economic, social and educational attainment levels. Income levels remain lower than other segments of society with 31 percent at the poverty level for Native Americans, compared to 13 percent for others as of 1990. These

statistics are exacerbated by such factors as geographical isolation and poor physical infrastructure of many tribal lands.

Native American culture deals not only with familiar tribes throughout the continental United States, but extends from the northernmost arctic regions of North America to Tierra del Fuego at the southernmost tip of South America. The great diversity of languages, customs and traditions of native peoples of the western hemisphere are remarkable for the common characteristics that define them as native people.

Native Americans have a distinguished history of military service in defense of freedom, from the Revolutionary War to Operation Iraqi Freedom and the Global War on Terrorism – every war in which Americans have fought.

As of March, 2003, 7,789 Native American enlisted personnel (2.4 percent) and 468 officers served in the U.S. Navy.

Military working dogs receive training evaluation

JOSN Jeff Jonstone
CFAS Public Affairs

Fleet Activities Sasebo (CFAS) held an evaluation of Security's training program for their military working dogs Tuesday, Nov. 16. The annual evaluation gauges the dogs' ability to perform their job, while examining their progression from the previous year's evaluation.

"Navy dogs are used for the inspection of vehicles, open areas, piers, schools and wherever there are people."
- CFAS Security Military Working Dog handler

The dogs are contraband-seeking dogs trained to home in on, and locate their designated targets.
"These dogs follow a specific pattern," said Master-at-Arms First Class (FMF) Joshua Lynch, handler of contraband-

seeking dog Tarzan. "They search out odors at different heights and depths, both high and low. When they discover a scent out of the ordinary, their behavior changes and they are set on following the scent."

During the evaluation, the dogs were rewarded for their efforts. Upon tracing a scent to its source, the dogs were given different treats. Tarzan received some food, while Ritas, another contraband-seeking dog, was given a rubber ball.

Ritas is handled by Master-at-Arms Second Class (SW) Sacha Martinez, Martinez has worked with Ritas for close to a year now.

"She's the meanest dog in the kennel," joked Martinez.
According to Lynch, he has spent over



A contraband-sniffing dog, stretches high as he searches for contraband during Tuesday's annual evaluation of the military working dog's (MWD) training program. Looking on is the dog's handler, a Master-at-Arms First Class. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

a year working with Tarzan.
"Navy dogs are used for the inspection of vehicles, open areas, piers, schools and wherever there are people," said Lynch.

The dogs have to be in top medical condition at all times in order to be of maximum efficiency.

"Contraband-seeking dogs like Tarzan could be tasked to support the global war on terrorism," said Lynch. "These dogs have to be 100 percent capable in order to properly perform their jobs."

"It's all or nothing," said Master-at-Arms First Class Richard Rodriguez, CFAS Security kennel master. "Their medical status is very important. The dogs have to be able to perform all around," he added.

Even if a dog can still see, hear and smell, it doesn't necessarily give them a clean bill of health. If they can't physically get low or high enough to cover the entire



A dog receives a hug for doing a good job. Much like their human counterparts, receiving rewards serve as a type of motivation for contraband seeking dogs. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

area they are investigating, they can be retired.

CFAS' military working dogs are intelligent, well-trained animals that, like their human counterparts in the Navy, work as a team to accomplish their mission.

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100



A Master-at-Arms Second Class looks on as her Military Working Dog, who specializes in searching out contraband, sniffs out a truck during the evaluation. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

CFAS announces holiday liberty and leave periods

For information of CFAS tenants and assigned units:

In addition to the previously promulgated holiday periods (Saturday, Dec. 13 -Thursday Dec. 27 and Tuesday, Dec. 28 - Monday, Jan. 10), the following liberty policy applies for the upcoming holiday periods:

Thanksgiving Nov. 25-28

Four day liberty is authorized for military. Liberal leave authorized for USCS Nov. 26.

Christmas Dec. 23-Dec. 26

Liberty commences for military at 11 a.m. on Dec. 23, and liberal leave (1/2 day for USCS on Dec. 23) until Dec. 26.

New Years- Dec. 30 – Jan. 2

Four day liberty is authorized for military

personnel and liberal leave authorized for USCS Dec. 30.

Dec. 27-29 will be work days (Dec. 29 is MLC holiday), however all scheduled meetings (department head, and Area Coordinator's Meeting (ACM)) are cancelled during this period.

Regularly scheduled meetings will resume Jan. 3, 2005.

Department heads are responsible to ensure essential work can be conducted during these periods, factoring personnel on leave/ liberty. The MLC holiday period runs from Dec. 29 through

Jan. 3.

Department heads are responsible to ensure accurate recall bills and procedures are in place at all times.



Navy League of the United States
Sasebo, Japan Council

GRAND SALE!
Used **KIMONOs**, **OBIs**, and
Japanese DOLLS

MAIN BASE
DRAGON CREST MULTI-PURPOSE ROOM
Saturday 20 & Sunday 21 November
0900 – 1600 (\$ or ¥ accepted)

Car Sale Event!
Sponsored by the
Chief Petty Officers
Association of Sasebo

November 19, 20, & 21
Branch Medical/PWD

As many as 30 quality used vehicles
with short term payment plans avail!

NFCU Pre-approved loan checks accepted

Command Spotlight: CFAS Career Counselor

JO1(SW) Ron Inman
CFAS Public Affairs

Fleet Activities Sasebo (CFAS) and shore tenant command Sailors have a valuable resource at their disposal - the CFAS Command Career Counselor's (CCC) office.

According to Navy Counselor First Class (SW) Gerardo V. Alivio, CFAS Command Career Counselor, the purpose of the office is to assist CFAS and its tennant shore commands with their careers, including career options, through the Career Development Team (formerly known as the Retention Team).

"We also provide career counseling, Job Application Selection System (JASS) application processing, Overseas Tour Extension Incentive Program (OTEIP) and Concurrent Overseas Tour (COT) application processing, pre-separation counseling, and facilitate the Career Development Training Course (CDTC), the Fleet and Family Support Center's Transition Assistance Program and Premarital classes, Alivio added."

Alivio says he works with CFAS Sailors via Career Development Boards (CDBs) and individual counseling, but that Sailors can and must also take responsibility for the development of their own careers by taking advantage of available career resources.

"The Navy Knowledge Online (NKO) website (at <www.nko.navy.mil>), StayNavy website

(<www.staynavy.navy.mil>) and Bureau of Naval Personnel (BUPERS) website (<www.bupers.navy.mil>) are excellent sources of information to help you make informed career decisions, and your chain of command is an integral part of the Career Development Team."

Alivio offered his own personal advice to Sailors seeking to further their careers.

"The direction of your career is steered by your motivation," he said. "Navy policies and guidelines that shape your career are dynamically evolving with technological advances. Keeping abreast of these changes will ensure your career progression is on the right path.

"In my experience, not knowing the correct information and the options available to them is a common denominator among Sailors who are unhappy with their career choices...feed your motivation with the proper information and options regarding your career path, follow the Navy Core Values, and you will be on your way to a successful Navy career."

Alivio said his office is open from 8 a.m. until 4:30 p.m. Before visiting him, he recommends that Sailors seek their chain of command and their departmental career counselor to ensure they are included in the guidance and decision process.

For more career counseling information, contact NC1(SW) Alivio at 252-3396, or e-mail him at <gerardo.alivio@sasebo.navy.mil>

Essex is the 'home for the holidays' for sibling Sailors

USS Essex (LHD 2) Public Affairs

With the holiday season approaching, two shipmates aboard USS Essex (LHD 2) don't have to look far to celebrate with family. Operation Specialist Second Class Deroderick Walton and Operation Specialist Second Class Cortenna Walton are brother and sister serving together aboard Essex.

The two Operations Specialists (OS) have been asked many times if they are related by co-workers and curious shipmates.

"We've answered the questions a few hundred times," said Deroderick, shaking his head in amusement. "We hadn't seen each other in a couple years, but we kept in touch over the phone. I knew my sister had gone to Japan. When I received my orders to the Essex, I didn't realize that it was the ship she was already stationed on. It was a nice to see my sister again. It was kind of a shock at first really," he said.

Cortenna said her relationship with her four-year younger sibling was similar to what many big sisters go through with a kid brother.

"There were times when he would absolutely drive me crazy when we were growing up, but I guess that's pretty common," said Cortenna. "I like the fact we're adults now and we can look back at all the times we had when we were younger and just laugh about them," she said.

"I was a little nervous about it at first. I wondered how we'd get along working together and seeing each other all the time after being apart for awhile and it's really okay because we get along so well," said Cortenna.

Deroderick added he appreciates sharing the OS rating with his sister. "We're both professionals and it's been really great to work with her," said Deroderick. "I'm going home soon for the birth of my son. I'll be busy with the new baby but

I'm sure I'll think of my sister here aboard Essex and I'll bring back pictures of my new son...my sister's new nephew."

Both siblings said they've always enjoyed their traditional family holidays together when they were younger. They know that being together now aboard Essex holds a special place in their mother's heart.

"Mom is really happy we're here on Essex," said Deroderick. "She knew that we hadn't seen each other for awhile she thinks it's a great we can be together."

Many people still wonder about family members serving together at sea after the Sullivan Brothers tragedy of World War II. According to the Naval Historical Center, the five Sullivan brothers were lost when the ship to which they all were assigned, USS Juneau (CL-52), was sunk on Nov. 13, 1942. It's a misconception that siblings are prevented from serving together at sea. Navy family members can check out Military Personnel Manual (MILPERSMAN) 1300-1100, Immediate Family Members Assignment or Reassignment Policy, for all the details.

Cortenna and Deroderick both have enough time left aboard Essex to celebrate many holidays together. "We just hope next year we can spend some time back home with Mom during the holidays," said Deroderick. "She's happy we're together but next year we'll try to make it back to her hometown, Buena Vista, Ga." Cortenna added with a smile.

The Waltons are crewmembers of Essex, which is currently part of the Essex Expeditionary Strike Group (ESG). Essex ESG was activated Sept. 10 and includes other amphibious ships, various cruisers, destroyers, patrol craft, Coast Guard vessels, and coalition forces, providing security and stability in the North Arabian Gulf in support of Operation Iraqi Freedom.



The two Sailors pictured above, are brother and sister and serve in Essex' Operations Department. Initially, the siblings had no idea they would both be stationed together. Essex is currently deployed to the North Arabian Gulf as part of Essex Expeditionary Strike Group in support of Operation Iraqi Freedom . (Official U.S. Navy photo by JO1(SW) James Evans Coyle)

Profile: YN3	
Leading Petty Officer, CFAS Admin Department Hometown...California	
How long have you been in Japan?	
Since May, 2002	
What is your favorite thing about Sasebo?	
I like the winter season here	
Are you married or single?	
Married	
Do you have any children?	
No	
What hobbies do you have?	
Sports and computers	
Who do you consider to be your role model?	
I don't really have any role models	
What are your personal goals?	
To get a B.A. and a Masters in Law and Computer Science	
What motivates you?	
Fridays	
What is the one thing you can't stand?	
Politics	
What do people not know about you?	
Where to find me	
What is your most embarrassing moment?	
My most embarrassing moment is really just too embarrassing to say	
If you could have dinner with three people, living or dead, who would they be?	
Dave Chappelle, George Carlin and my late grandmother	
What is your favorite movie?	
Office Space	

Essex receives a sweet treat from Kuwaiti navy

USS Essex (LHD 2) Public Affairs

ABOARD USS ESSEX, North Arabian Gulf – The final day of the Islamic holy month of Ramadan provided the crew of USS Essex (LHD 2) a unique opportunity Nov. 13, when Kuwait Naval Force Deputy Director of Operations Lt. Col. Abdul Al-Owaish boarded the ship to present the crew with more than a dozen boxes of Kuwaiti-style Baklava.

Throughout Ramadan, Muslims fast from dawn to sunset. After the final day of Ramadan, Muslims celebrate, Eid Ul Fitr, a day of joy and thanksgiving. On this day, Muslims show their joy for the health, strength and opportunities of life, which Allah has given them to fulfill their obligations of fasting and other good deeds during the month of Ramadan.

Al-Owaish said he felt privileged to come aboard Essex and share in the spirit of celebration which so many Kuwaiti military and civilians enjoy each year.

"I've brought our sweets aboard as a show of friendship," said Al-Owaish. "I'm happy with the relationship we've built up between us (Essex and Kuwaiti forces) and to give Essex' crew a sample of a traditional Ramadan dessert for all to share. This gesture

lets the crew know all their hard work is definitely being recognized. It's an honor to be here," he added.

Al-Owaish added that each Kuwaiti Navy ship was presented with boxes of Baklava, and he considers Essex among their own.

The Baklava was put on the Mess decks for the crew to enjoy.

Fire Controlman third Class Trent J. Thurston said he loved sampling the delicacy and spoke of the interesting differences in what people aboard Essex may have been expecting of the dessert.

"The Kuwaiti Baklava is more of a cookie than the Turkish style Baklava," said Thurston. "Turkish Baklava is thin layers of pastry with nuts and honey, and sometimes with raisins, layered together. The Kuwaiti kind of Baklava had powdered sugar on top and a kind of creamy filling in the middle. It was really good," he added.

Essex Commanding Officer, Capt. Jan van Tol said, "We appreciate the kind of gift offered to us by the Kuwait Navy of several boxes of Baklava, a sweet pastry. We received this gift to mark the end of Ramadan, an important time of thanksgiving in this part of the world."

Essex is a permanently forward-deployed Amphibious

Assault ship, and is currently operating as the flagship for Commander, Amphibious Squadron ELEVEN. The Essex Amphibious Ready Group is operating in the North Arabian Gulf in support of the sovereign government of Iraq.



Kuwaiti forces recently presented the crew of USS Essex (LHD 2) with boxes of Kuwaiti-style Baklava.

U.S. Navy personnel in Japan raise \$40,000 for Niigata quake relief

JOSN David P. Olson
CNFJ Public Affairs

U.S. Navy Sailors and civilian personnel stationed at U.S. Navy facilities in Japan raised \$40,000 for a relief fund to help victims of the Niigata Chuetsu earthquake in Niigata Prefecture.

In a gesture symbolic of the Navy's collective efforts, Capt. King Dietrich, commanding officer, Fleet Activities Yokosuka, presented a check for \$24,586.71 to Niigata Prefecture officials at the prefecture's offices in Tokyo Nov. 9.

The Chapel of Hope, located on Fleet Activities Yokosuka, collected cash donations of more than \$24,000 during services Oct. 31 and Nov. 7, said

Chaplain Capt. Karl Fung, force chaplain for Commander, U.S. Naval Forces Japan. Contributions for the earthquake relief fund came from service members, civilian employees and families assigned in the Yokosuka area.

Additional contributions came from other U.S. Navy facilities in Japan. Naval Air Facility Atsugi collected clothing and dry goods to give to Niigata residents and raised about \$10,000 in cash donations, while Fleet Activities Sasebo collected blankets and more than \$4,500 in donations.

Naval Air Facility Misawa and Fleet Activities Okinawa also put out the call for aid. Since those two facilities are co-located with the U.S. Air Force, exact figures were not available.

"It doesn't matter where the money comes from," Fung said. "We just want to make sure the victims get help."

And help even came from 5,300 miles away from Sailors assigned to Naval Support Facility Diego Garcia, a small island in the Indian Ocean that falls under Commander, U.S. Naval Forces Japan for administrative purposes. Sailors and civilian employees there chipped in more than \$900.

"These donations are not a gift from the U.S. Navy, but a donation from the individual U.S. service members and their families; not just from Yokosuka, but from other bases, as well," Dietrich said to Hideo Minami, director-general of the Tokyo Branch Office of Niigata Prefecture. "It is not a great amount of

money, but our hope is that it will provide assistance to your citizens in Niigata Prefecture."

Lt. Cmdr. Philip Pelikan, assigned to Chapel of Hope, said all money collected during religious services went to the relief fund. Donors also brought money to the chapel on weekdays.

"Japan is our host country. We definitely need to do our share," he said.

"On behalf of the Governor of Niigata, I'd like to thank you very much for this kind contribution," Minami told Dietrich upon receiving the ceremonial white envelope containing the check. "This contribution will be used effectively for those who are in need of help and affected by this disaster. I assure you that the money you gave today will go to a good cause."

Safety Corner: Avoiding salmonella while cooking this Thanksgiving

Charles Carr
CFAS Safety Department

Should you be concerned? Yes! Each year in the United States, approximately 40,000 cases of salmonella poisoning (samonellosis) are reported to the Centers for Disease Control and Prevention. It is believed that as many as 100 times more cases go unreported.

Salmonella, a bacterium that thrives in the intestinal tract, can cause food poisoning, gastrointestinal inflammation, typhoid fever or septicemia (blood poisoning). It is the most common cause of food poisoning reported in the United States, accounting for almost half of all food-borne illnesses combined.

People get salmonellosis from eating food contaminated with live salmonella bacteria. Salmonella, which can survive digestion, reproduces in the small intestines and causes illness.

Where does salmonella come from?

From our food supply...

Our food can become contaminated with salmonella when animals used for food production ingest contaminated feed and fertilizer. Then, because of improper handling or inadequate cooking the bacteria are not destroyed. Commonly susceptible foods include raw and under cooked eggs and egg products, raw milk and raw milk products, raw meat and poultry.

To safeguard against salmonella poisoning, all foods from animal sources should be thoroughly cooked or pasteurized. Leftover foods should be refrigerated promptly. When susceptible foods are left at room temperature for long periods of time, bacteria can grow.

From the soil...

Because salmonella is found in human and animal

feces and often contaminates soil, foods grown on the ground, such as cantaloupes, lettuce and tomatoes may become tainted with salmonella bacteria. Such foods should be thoroughly washed and rinsed to prevent the spread of salmonella to the edible parts.

From person to person...

Intestinal infections can pass from one person to another via food and water if good personal hygiene is not followed, such as when an infected person whose hands are contaminated with salmonella bacteria handles food.

From cross contamination...

Salmonella can be spread during food preparation if hands, cutting boards and utensils are contaminated by infected foods.

Wash hands after contact with raw food of animal origin. Disinfect cutting boards and utensils between uses with an EPA-registered disinfectant such as a germicidal cleaner, which kills salmonella and other dangerous bacteria.

From household pets...

Household pets, including cats, dogs, turtles, reptiles and chicks, often have salmonella, which can spread from pets to children.

Contemplating on your next duty station?



Come visit the FFSC Welcome Aboard Video Library.

We may have information on the military installation that you have in mind.

You can check out a video for one week and learn about the military installation you want to go to in the comfort of your home.

For more information call 252-3604/3101.

The Post & Family Support Center





Military Family Appreciation Month 3K Turkey Trot

Show your appreciation for military families throughout the world and encourage others to do the same by participating in the 2004 Military Family Appreciation Month 3K Turkey Trot on Wednesday, Nov. 24. The event will get underway at 11:30 a.m. in front of the USO at Nimitz Park. You can register up until 11 a.m. on race day at the starting gate. Cornish hens will be presented to the top 3 finishers in both male and female divisions. For more information, call 252-3588.

Thanksgiving Costco/Torius Shopping Trip

Sign-up now for the Thanksgiving Costco/Torius shopping trip scheduled for Thursday, Nov. 25. You can do lots of Christmas shopping with the Costco one-day pass that comes with the trip. Remember, Costco accepts American Express. Feel free to hop aboard the free shuttle bus and visit the many other shops located nearby. All seats are \$12. The Travel & Tours bus is scheduled to depart from the Harbor View Club parking lot at 7:45 a.m. and the Hario Community Center at 8:30 a.m. For more information, call 252-3433.

Bowling For Bucks at the Spare Time Recreation Center

The Spare Time Recreation Center will host another 3-6-9 bowling tournament (18 years or older), on Saturday, Nov. 27 starting at 6:30 p.m. The entry fee is \$15. The tournament will consist of three games of bowling. Every third, sixth and ninth frame will be automatically scored as a strike. Highest total pinfall determines the winner and the total number of participants determines the prize money. For more information, call 252-3634.

Basic Sailing Class

There's nothing like being out on the open water without a care in the world, sailing along with the cool ocean breeze in your face. Don't know how to sail a boat? No problem. Just sign up for the basic sailing class scheduled for Saturday, Nov. 27 at the Sailing & Outdoor Adventure Center. The class is set to begin at 10 a.m.

and by 4 p.m. you should be ready to hoist sail and get underway all by yourself. An experienced professional will be right there with you during the class to ensure you learn the ropes and have a safe and fun experience. Cost is only \$35 per person. For more information, call 252-3500.

3K Turkey Trot at Hario

The Hario Fitness Center presents a great opportunity for you to get out of the house and burn off some of the excess weight you put on over the Thanksgiving holiday with a 3K Turkey Trot around the Hario community on Sunday, Nov. 28. The 'trot' will get underway at 10 a.m. in front of the Hario Fitness Center. No need to register early, just be there 30 minutes prior to the start, ready to hit the road in the name of fitness and good family fun. Awards for top finishers in men, women and youth divisions. For more information, call 252-8960.

November Lunch Specials at Galaxies

You can get an excellent lunch (including a soda) at Galaxies Food Court Monday through Friday throughout November beginning at 11 a.m. for only \$5 per person. Their November Monday special is a Mexican plate that includes two enchiladas, one taco, refried beans and Mexican rice. On Tuesdays you can enjoy a fish sandwich with french fries and coleslaw. On Wednesdays the special is teriyaki chicken with fried or steamed rice and an egg roll. Thursdays they serve up spaghetti with tossed salad and two bread sticks. The Friday special is BBQ pork with potato salad and baked beans. For more information, call 252-2980.

November Lunch Specials at the Harbor View Club

As usual there's always something good cookin' in the kitchen at the Harbor View Club, and their \$6.95 November lunch specials are no exception. Every Monday during the month you can enjoy Captain Longboat's shrimp basket and french fries. Every Tuesday it's fettuccini ala cabonara with grilled chicken breast. Every Wednesday in November they serve up delicious grilled pork chop scarpiello with garlic mashed potatoes. The Thursday special is a BBQ roast beef sandwich served on a kaiser roll. Every Friday in November they feature golden fried mahi mahi fingers with tropical marmalade. All lunch specials, served Monday through Friday from 11 a.m. until 2 p.m., come with one trip to the salad bar and your choice of iced tea or coffee. For more information, call 252-3965.

Living in Japan: The sport of Sumo wrestling

I had the thrill of a lifetime on a recent culturally profound sight-seeing trip to Fukuoka. I got to meet, talk to, and have my photo taken with one of my earliest Japanese heroes, although he isn't really Japanese at all. Jesse, a mountain of a man, Samoan by lineage, coming to Japan from Hawaii in 1964, the same year I first set foot on Japanese soil.

Jesse was the first foreign-born person to break into Japan's traditional and tightly regulated sumo ranks. Standing head and shoulders above most of the wrestlers of that day, Jesse became extremely popular with the Japanese. Takamiyama was his adopted wrestling name, and he proved himself to be a powerful force inside the earthen circle of the sumo ring. With his huge arms and hundreds of pounds of finely conditioned fat, he would quickly shove many competitors from the ring in chalking up his victories. But, alas, his legs were kind of spindly, making him top-heavy, and if he failed to bully his opponent to a win in the first moments of the match, it was extremely likely that he would be taken down during the dance the wrestlers perform while grasping tightly to each other's mawashi, the cummerbund-like wrap Sumo wear.

Anyone who was in Japan during the late 1960's and early '70's are familiar with Jesse, and his trademark bushy sideburns. He appeared in many commercials, and the Japanese truly loved his playful personality and the sound of his gruff voice, made very raspy by an opponent's open hand to his throat early on in his career. He is still a very big man, and the owner of a sumo stable in Fukuoka. A gentle man, he pushes his wrestlers through their practice drills with merciless verbal critique of their style, their drive, and their demonstrated spirit, all the while lovingly stroking his gunmetal gray poodle.

To put my thrill of getting to meet and speak with Jesse into a context Americans might better comprehend, imagine getting to meet and chat with Michael Jordan, Barry Bonds, Tiger Woods, or Ichiro Suzuki in person; or, for our older readers out there, Mickey Mantle, Arnold Palmer, or Hank Aaron. These people are icons a young boy will forever hold memories of and for which we have built virtual shrines to in our minds.

Unlike baseball, basketball, or boxing, where a rugged training regimen is something embarked upon for a period prior to a season, a match, or an event – sumo is a lifestyle. As rigidly controlled and full of rules of conduct as the life of a monk, sumo wrestlers devote their entire being to the sport from their earliest years, up through a grueling apprenticeship process, and on into their late twenties or early thirties for those gifted enough to rise through the ranks.

Takamiyama was a great wrestler, and he has been responsible for introducing other Hawaiian's to the sport, including the recently retired Yokuzuna, or Grand Champion, Akebono. Stop by my office and I'll show you Jesse's autograph!



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SUPPORT CENTER
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November 19-26

FEATURED PREMIERE

FROM THE CREATORS OF FINDING NEMO

Disney presents...**THE INCREDIBLES**

Rated PG

Starring: Craig T. Nelson, Holly Hunter, Samuel L. Jackson, Jason Lee and Elizabeth Pena

Rated: PG For Action Violence

Genre: Action/Adventure, Animation, Comedy & Sci-Fi/Fantasy

A dysfunctional family of undercover super heroes (struggling to live a quiet suburban life) are forced into action to save the world.

SHOWBOAT THEATER

TELEPHONE: 252-3822

FRIDAY, NOVEMBER 19	SATURDAY, NOVEMBER 20	SUNDAY, NOVEMBER 21	MONDAY, NOVEMBER 22	TUESDAY, NOVEMBER 23	WEDNESDAY, NOVEMBER 24	THURSDAY, NOVEMBER 25	FRIDAY, NOVEMBER 26
5 p.m. (PG) *The Incredibles	2 p.m. (PG) The Incredibles	2 p.m. (PG) The Incredibles	6 p.m. (PG-13) Paperazzi	6 p.m. (PG-13) Hero	6 p.m. (PG-13) Wicker Park	5 p.m. (G) *Polar Express	5 p.m. (G) Polar Express
7:30 p.m. (PG-13) Ladder 49	5 p.m. (PG) First Daughter	5:30 p.m. (PG-13) Wimbledon	8:30 p.m. (PG-13) Cellular	8:30 p.m. (PG-13) Mr. 3000	8:30 p.m. (PG-13) Ray	*Happy Thanksgiving!	7 p.m. (PG-13) *The Forgotten
10 p.m. (PG-13) Mr. 3000	7 p.m. (R) Resident Evil: Apocalypse	8:30 p.m. (PG-13) Ladder 49					9:30 p.m. (PG-13) Mr. 3000

HARIO VILLAGE THEATER

TELEPHONE: 252-8763

FRIDAY, NOVEMBER 19	SATURDAY, NOVEMBER 20	SUNDAY, NOVEMBER 21	MONDAY, NOVEMBER 22	TUESDAY, NOVEMBER 23	WEDNESDAY, NOVEMBER 24	THURSDAY, NOVEMBER 25	FRIDAY, NOVEMBER 26
6:30 p.m. (PG-13) Wimbledon	2 p.m. (PG) Shark Tale	2 p.m. (PG) First Daughter	NO MOVIES SCHEDULED		NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	6:30 p.m. (PG) The Incredibles
9 p.m. (PG-13) Ray	6:30 p.m. (PG-13) Mr. 3000	6:30 p.m. (PG-13) Mr. 3000	NO MOVIES SCHEDULED		NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	9 p.m. (PG-13) Ray
	9 p.m. (PG-13) Ray				No scooters, skates, skateboards, strollers or backpacks allowed in theaters. No outside food or beverages.	* ~ Premiere	

RAY (PG-13)
Starring: Jamie Foxx, Regine King, Kerry Washington, Richard Schiff and Aunjanue Ellis
Born in a poor town in Georgia, Ray Charles went blind at the age of seven shortly after witnessing his younger brother's accidental death. Inspired by a fiercely independent mother who insisted he make his own way in the world, Charles found his calling and his gift behind a piano keyboard.

WIMBLEDON (PG-13)
Starring: Paul Bettany, Kirsten Dunst, Jon Favreau, Ewanor Bron and Nikolaj Coster-Waldau
Seeded near the bottom of the world tennis ranks, an unlucky tennis player manages to score a wild card, allowing him to play in the prestigious Wimbledon tournament. He meets and falls in love with an American tennis star. Fueled by a mixture of his newfound luck, love and on the court prowess, he works his way up the ranks of the tournament and actually stands a chance of fulfilling his lifelong dream of winning the Men's Singles title... if his luck holds out.

RESIDENT EVIL: APOCALYPSE (R)
Starring: Milla Jovovich, Sienna Guillory, Mike Epps, Oded Fehr and Jared Harris
An elite military agent, Alice, finds herself stranded in the ruins of Raccoon City following a virus outbreak which has turned the city's inhabitants into bloodthirsty zombies. Searching for a way to contain the virus, Alice teams up with other survivors, including Jill Valentine. She finds herself being hunted down by a massive monster called Nemesis.

FRIDAY NIGHT LIGHT (PG-13)
Starring: Billy Bob Thornton, Derek Luke, Garrett Hedlund, Jay Hernandez and Lucas Black
Follow the Permian High School Panthers of Odessa, Texas through their 1988 football season as players, coaches, mothers, fathers, boosters, fans and families struggle with ongoing personal conflicts while the team fights for a state championship.

THE FORGOTTEN (PG-13)
Starring: Julianne Moore, Dominic West, Gary Sinise, Alfre Woodard and Anthony Edwards
When a single mother loses her 8-year-old son, she seeks the help of a psychiatrist to cope with the pain of her grief, only to be told that her son has been merely a figment of her imagination for the past 8 years. When she meets a father who has had another similar experience with his own disappearing daughter, they team up to try to find the answers behind the mystery.

SHARK TALE (PG)
Starring: Will Smith, Robert De Niro, Jack Black, Angelina Jolie and Renee Zellweger
Oscar is a fast-talking little fish that dreams big. But his big dreams land him in hot water when a great white he turns him into an unlikely hero. At first, his fellow fish swallow Oscar's story, hook, line and sinker and he is showered with fame and fortune. It's all going along swimmingly, until it starts to become clear that Oscar's tale about being the defender of the Reef is all wet.

The EJ King Parent Teacher Organization will meet at 1500 in the Library Conference Room on the following Tuesdays:

Nov. 16, Dec. 14, Jan. 18, Feb. 15, Mar. 15, Apr. 19 and May 17

Current projects include:

the Far East Volleyball Welcome Dinner on Nov. 7 and

School Polo Shirt sales available in the school office for \$20

For more info, contact Eva Dugas at: ToreyJ1@yahoo.com or phone 680 5240 8851

Meet the school's "dream team" and help make a difference.

Sasebo Elementary students discover Taiko

Beth Martin
Sasebo Elementary School

The students and teachers at Sasebo Elementary School were treated to a very unique part of Japanese culture recently when the Gion Taiko group performed various drumming arrangements on Taiko, also spelled 'Daiko' drums. The Gion Taiko group is the brainchild of Mr. Keitaro Yamaguchi, a long-time music teacher in Gion-Cho. The group was intended to teach Taiko to the children of Gion-Cho. The youngest member, who played the cymbals during Gion Daiko, and the small taiko drum on the stage for the other songs, is four years old. The oldest is 10.

The performance for Sasebo Elementary School included a song called "Gion Daiko," which is about 350 years old. An interview with Mr. Keitaro Yamaguchi, the music teacher of Gion Cho, revealed that he

composed three of the four songs played in the performance for Sasebo Elementary School. The "Isami Goma" song was composed with the intention of being soul-stirring; the "Keitaro Daiko" was composed for the younger elementary school students; and "Myoken Daiko" was named after Susa Shrine's nickname, "Susa Myoken".

The students at Sasebo Elementary School not only enjoyed listening to the performance but some of them were also fortunate enough to be able to try and play the drums. Although a bit shy and reticent at hitting such a large drum most of the students were enthusiastic and tried to mimic the style of the Gion Taiko.

One student marveled at the precision with which the drummers moved. Teachers and students alike were impressed with the skill and coordination of the drummers and hope for a return visit.



A Sasebo Elementary School student takes her turn at the taiko drum while her classmates await their turn. (Photo by Beth Martin)

E.J. King students participate in Far East competitions

Amy Brennan
E. J. King High School Correspondent

Each school year, over 2,000 Department of Defense Dependent Schools (DoDDS) high school students in the Pacific participate in 13 Far East competitions, which are evenly divided between academics and athletics.

The DoDDS Pacific Far East Activities Program was put in place in 1997 to standardize high school athletic and academic competitions. The main goal of the program is to provide DoDDS students with events that are comparable to stateside programs and competitions.

DoDDS Pacific Far East Activities provides events and competitions that allow students to come from various districts to compete with each other. Far East programs even provide an added benefit; DoDDS students have the opportunity to compete not only with each other, but also with various international and host nation schools as well.

This year, most of the fall competitions took place simultaneously during the week of Nov. 8-12, which had faculty and students scattered all around the Pacific. These teams included the following: Cheerleading, Coaches Amy Sheppard and Zee Herb.

Cross Country, Coach Kelli Caldwell
Tennis, Coach Rick Kendall
Volleyball, Coach Mike Seitz
Yearbook and Journalism, Coaches Rosanne Lippert and Paul Brennan

Additionally, King's Naval Junior Reserve Officer Training Corps (NJROTC) unit took part in its annual Commander's Cup in Iwakuni, and under the leadership of Commander Tom Heitstuman and Chief Henry Barr, the team dominated all but one of the competitions. King's baseball team completed their competition earlier this fall.

As with any activity that takes students away from the classroom, Far East competitions require that students balance academic and extracurricular activities. Students must be academically eligible to participate, and must complete missed assignments. Study sessions during Far East events are mandatory, and students are encouraged to check on assignments both before and after traveling to ensure that academic requirements are being met.

Congratulations to King's 70-plus students who participated in these events on their achievements and continued positive representation of the CFAS community!

Navy committed to keeping MWR doors open for Sailors

Navy MWR Communications Group

While Sailors may have seen slight increases in movie ticket prices at base theaters or adjustments in hours at some facilities, the doors to popular Navy Morale, Welfare and Recreation (MWR) programs will remain open.

"Rumors have been circulating that suggest the Navy is backing off on support for MWR programs. Nothing could be further from the truth," said Chris Mehrer, director, MWR Division. "But we do need to apply best business practices to avoid wasting our resources.

"It doesn't make sense to spend Sailors' dollars to keep poorly supported programs open when most customers indicate they don't want them," he added. "By distributing our resources where it makes sense, we will continue to offer the MWR programs that are essential to our customers. The doors to those core programs are going to stay open."

Consistent with Chief of Naval Operations' direction, Navy MWR's challenge is to achieve efficiencies in all programs, while sustaining core MWR quality of life services for Sailors and their families.

MWR's core programs have been identified as fitness (gyms, sports, athletics and fitness swimming), afloat recreation, single Sailor, Navy Motion Picture Service program, child development/youth and school age care, and the information, tickets and travel (ITT) program.

MWR is divided into three categories: mission support, community activities and business activities. Mission support includes Navy Motion Picture Service program, MWR fitness and sports, the single Sailor program and fleet recreation. Community activities include child development centers and homes, and youth programs, while business activities consists of base clubs, golf courses, marinas, entertainment, ITT offices and auto skills centers.

About half of MWR's budget is funded by appropriated

funds, set aside by Congress to support the morale of military service members and their families. The other half is non-appropriated funds generated by charging fees for services and from a portion of Navy Exchange profits. Non-appropriated fund revenues are reinvested back into MWR programs for Sailors and their families.

"Navy MWR professionals want to provide the best service we can through innovation, increased efficiency and maximizing the return on every dollar we spend by providing positive recreational activities that improve

Sailors' quality of life," emphasized John B. Baker, Commander, Navy Installations Command Community Support Program director.

"There is no cookie-cutter solution for the way MWR will do business in the future. All MWR professionals have to recalculate how we deliver products and services to the customer," said Baker. "We must be responsive to customer needs and keep the focus on the mission, which is fleet support."

For more information, call MWR Sasebo at 252-3472.

Shogun Cafe announces Thanksgiving Day menu

Soups:

Cream of Mushroom Soup
Roast Young Tom Turkey
Roast Ham

Main course:

Turkey w/ gravy
Chilled Cranberry Sauce,
Pineapple Raisin Sauce,
Creamy Mashed Potatoes, Marshmallow
Sweet Potatoes, Cornbread Dressing
Simmered Broccoli and
Simmered Corn-On-The-Cob

Fruits and Vegetables:

Tossed Green Salad,
Stuffed Celery Sticks, Mixed Fruit Salad,
Relish Tray and assorted Fresh fruits

Bread & Rolls:

Hot Parker House
Rolls

Pumpkin Bread
Pumpkin Pie w/Whipped Topping
Thanksgiving Day Cake
Cheese Cake

Beverages:

Eggnog
Coffee
Tea

When: Thursday,
Nov. 25, 2004
Time: 3:30-5:30 p.m.

Price Per Person: \$5.40 (Free for children under 5 years old)

Note: Sale of meal tickets will be available at Shogun Café on the following dates.

Nov. 15-18: Meal tickets for military dependents go on sale.

Nov. 18-22: Meal tickets for civilians go on sale. Tickets for civilians and dependents will be limited to 100. No food takeout except for personnel on duty.



(Exp. Nov. 20) **1994 Toyota Emina**, JCI '06, \$3,500, OBO. Seats 8. Call 252-3959 or email at <espilimon@yahoo.com>

(Exp. Nov. 27) Black dress, size 10 w/mettalic silver flower straps.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

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submissions is
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SWEATSHIRT
SWEAT PANTS

NEX YOUR NAVY EXCHANGE

We are your "Navy Family" store!

YOUR NAVY EXCHANGE PROFITS SUPPORT MWR PROGRAMS & SERVICES

Tournament starts on Monday, Nov. 22,
first game begins at 5:30 p.m.

Shop(MWR), FTSC(SRF Waterfront

Bldg. 153 — Fleet Locker Club

Abstract: **Background:** The purpose of this study was to determine the prevalence of self-reported alcohol consumption among the adult population in the United States. **Methods:** Data were obtained from the 2002 National Alcohol Survey, a national telephone survey of 18,741 U.S. adults. **Results:** The prevalence of self-reported alcohol consumption was 50.1% among U.S. adults. The prevalence of self-reported alcohol consumption was higher among males than females (52.1% vs. 48.1%, $p < .001$). The prevalence of self-reported alcohol consumption was higher among whites than nonwhites (51.1% vs. 49.1%, $p < .001$). The prevalence of self-reported alcohol consumption was higher among those with a high school diploma or less than those with a college degree (51.1% vs. 49.1%, $p < .001$). The prevalence of self-reported alcohol consumption was higher among those with a household income of less than \$10,000 than those with a household income of \$10,000 or more (51.1% vs. 49.1%, $p < .001$). The prevalence of self-reported alcohol consumption was higher among those who were married than those who were single (51.1% vs. 49.1%, $p < .001$). The prevalence of self-reported alcohol consumption was higher among those who were employed than those who were unemployed (51.1% vs. 49.1%, $p < .001$). The prevalence of self-reported alcohol consumption was higher among those who were born in the United States than those who were born in another country (51.1% vs. 49.1%, $p < .001$). The prevalence of self-reported alcohol consumption was higher among those who were born in the United States than those who were born in another country (51.1% vs. 49.1%, $p < .001$). **Conclusion:** The prevalence of self-reported alcohol consumption among U.S. adults is 50.1%. The prevalence of self-reported alcohol consumption is higher among males than females, whites than nonwhites, those with a high school diploma or less than those with a college degree, those with a household income of less than \$10,000 than those with a household income of \$10,000 or more, those who were married than those who were single, those who were employed than those who were unemployed, and those who were born in the United States than those who were born in another country.



Fleet Gym 252-3588

Hario Gym 252-8691

Game of the week: Showtime outlast Outlaws, 56-55

JOSN Jeff Johnstone
CFAS Public Affairs

The Showtime, led by Gerren Alexander's 19 points and Laron Hardrick's 12, avenged last weeks loss to Ft. Mac by topping the Outlaws, 56-55, Tuesday Nov. 16 at the Fleet Gym. The game started out as a runaway

victory for the Showtime, and progressed into a contest that wasn't decided until the final ten seconds. The Showtime held a commanding 31-21 lead at halftime, only to see the Outlaws jump right back in the second half with two unanswered scores to pull within six.

The Outlaws stiffened on defense, as the Showtime couldn't run the score like they did in the first half. Showtime was outscored 34-25 in the second half.

While the Outlaws could never wrestle the lead away from a stubborn Showtime squad, they managed to pull within a single point with only 30 seconds left in regulation.

Tyson Huff led the Outlaws with 21 points, including a three-point shot to cut the lead to one in the final seconds, turning the contest into anyone's game.

Showtime had possession of the ball and attempted to seal the game, but the Outlaws would have no part of it, making sure they would get the ball back with time to steal a victory.

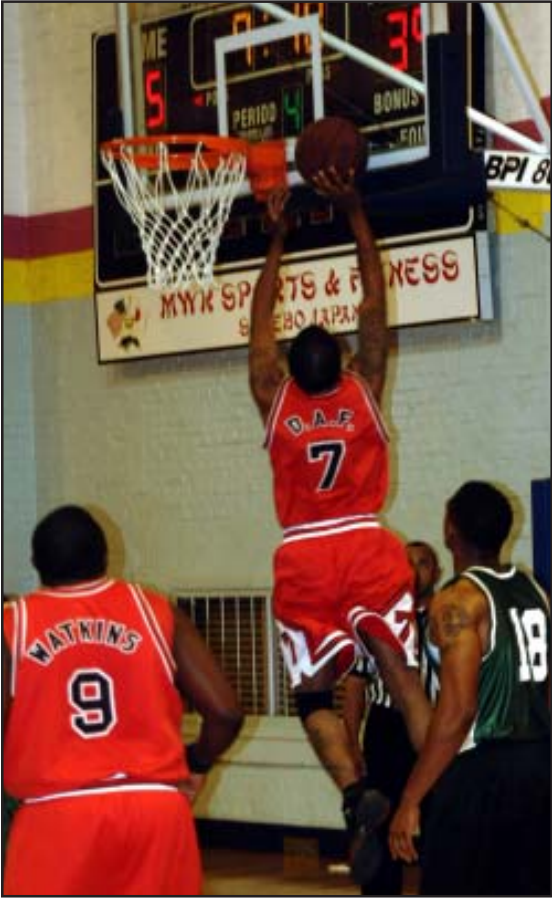
As Tyson Huff drove down the court to get into scoring position, the ball slipped out of his hands and went out of bounds. Showtime regained possession, albeit briefly.

With 15 seconds to go, Huff again brought the ball down the court, but was shadowed by an army of Showtime defenders as the final buzzer sounded.

Other top scorers for the Showtime included Paul Navarro with eight points and Steve Ghezzi with eight points.



Showtime's leading scorer for the game, (left) puts up a final defensive front as the Outlaws drive toward the basket as the scoreboard ticks away the final seconds of Showtime's 56-55 victory over the Outlaws Tuesday night at the Fleet Gym. (Official U.S. Navy Photo by JOSN Jeff Johnstone)



An Outlaws player tries to tip in an errant shot during Tuesday nights nailbiter against the Showtime. The game was all Showtime in the first half, until momentum swung in favor of the Outlaws in the second. Showtime held on in the end. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Fitness Tip: Boost metabolism through your exercise routine

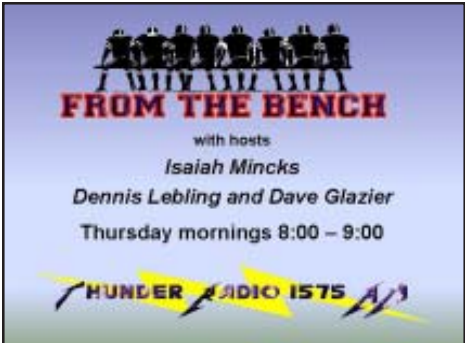
Alec Culpepper
MWR Fitness & Aquatics Director

If you are already doing cardiovascular exercise you are ahead of the game. Running is one of the best ways to fire up your metabolism. To get maximal metabolic boost, you need to add weight training. Tweak your running workouts as well, and try twice-a-day workouts on occasion.

Lift Heavy! Weight Lifting is an excellent four-in-one attack on your lazy metabolism. It not only burns gobs of calories, elevating your activity metabolism while you're lifting, but also can cause an "after burn" (the period of time your basal metabolism remains stoked by the weight session) that can last for 48 hours. Plus, weight training builds muscle, which increases your basal metabolism permanently. Finally, it stimulates your body to produce more Human Growth Hormone (HGH), which helps increase muscle mass and burn fat.

If you seriously want to crank your metabolism through running, you'll have to add some speed to your program. Fast running burns lots of calories and comes with an hour or more of after burn.

It is becoming fairly clear that metabolism does remain elevated for at least a couple of hours after the workout—assuming the workout was somewhat taxing. Plus, fast running stimulates your body to produce more HGH.



Everyone wins at USO Veterans Day golf tournament

DJ Stanhope
USO correspondent

USO Sasebo held its annual Veterans Day golf tournament at Huis Ten Bosch Country Club, sponsored by Volvo and Pepsi. 109 golfers competed in a "double Peoria" format that made for some surprises when the scores were announced. Under the rules, the course manager selected six holes, not disclosed to the golfers, and determined a handicap based on those six holes. The idea was to create a more level playing field for the mix of experienced and beginner golfers.

The event, sponsored by USO, is both a fundraiser and friendship activity, bringing out Americans and Japanese from the military and civilian sector.

The morning began with a few words from Commander, Fleet Activities Sasebo (CFAS) Capt. Michael L. James regarding the meaning of

Veterans Day and then the golfers were off. The course was beautiful and the weather perfect for the time of year. There were two charity holes, a Japanese custom, in which golfers were asked to pay 500 yen to play. If they reached the green, they could take their money back. Most selected to donate the money to the USO.

Upon completing the tournament, the golfers returned to the clubhouse to enjoy a sumptuous banquet. To the great pleasure of all, there was a prize for everyone, including four longest drive winners and four closest to the pin winners. Taking first prize, a day of golfing for four donated by Huis Ten Bosch, was Mr. Hiroyuki Komuro; second prize, a Taylor Made driver, went to Chris Wyatt; and taking third prize, a Samsonite upright, was Randall Vavra. The prizes were sponsored by Volvo Military Car Sales.

Sports Results:

Veteran's Day 5K

Male Division:

Champion: Aaron Scrimager.

22:03

Runner Up: Gary Hermosura,

25:26

Third Place: Dustin Varnell,

40:42

Female Division:

Champion: Joana Kelly,

29:03

Sasebo Eagles Little League

The Sasebo Eagles Little League is looking for baseball enthusiasts ages 8-12 for competitive play. Participate in culture exchange, overnight stays, and generally good times. Players can't turn 13 and they have to turn 8 prior to August 2005 to be eligible. Call Dean at 252-8240.